



MXG captures command award for 2nd straight year

By SENIOR AIRMAN
BRIAN STIVES
GUNFIGHTER PUBLIC AFFAIRS

The 366th Maintenance Group maintenance training flight once again proved it's Air Combat Command's best when it comes to laying the foundation for Gunfighters' combat readiness by bringing home the command's annual top maintenance training award for 2005.

"This marks the first time any MTF in ACC has ever won the award two years in a row," said Maj. Dwight

Hintz Jr., 366th Maintenance Operations Squadron commander.

The award recognizes "achievements, innovative management actions, quality of service to the wing and other significant accomplishments," according to the major.

"In 2005, our Gunfighter maintenance trainers provided rigorous, innovative maintenance training to more than 1,800 personnel in the 366th Maintenance Group, across 32 Air Force Specialty Codes on 6,000 tasks," said Senior Master Sgt. Michael Sandoval, training flight chief. "Even while pro-

viding this steady training, the MTF pressed with several ground-breaking initiatives, setting themselves apart from their peers ACC-wide with Air Force firsts in maintenance training."

One of the MTF's achievements was benchmarking a comprehensive integrated three- and five-level upgrade training timeline throughout the 366th Fighter Wing. More than 3,700 Gunfighters use these timelines, providing predictability and enhancing stability in their expeditionary lives by laying out up to 24 months worth of training events needed to achieve cer-

tification in their specific AFSC. It all fits on one sheet of paper.

"Chief (Master Sgt. Allen) Niksich (366th Fighter Wing command chief) even briefed this training timeline initiative at an ACC conference where it was noted as a command benchmark," said Sergeant Sandoval.

The MTF didn't stop there: They also saw an opportunity to salvage an aircraft engine bound for the Defense Reutilization Marketing Office scrap yard.

"They won the rights to the engine and garnered help throughout the

maintenance complex to transform the engine into a cut-away hands-on training aid, similar to what Airmen use while attending their technical school," said Major Hintz.

"This is ACC's first and only engine cut-away trainer and is a marked improvement over trying to understand the complexities of fighter aircraft engines from just looking at the pages of books," said Sergeant Sandoval.

The flight's world-class training paid off by beefing up the 366th Fighter Wing's combat capability. In

fiscal 2005, the wing achieved the best overall aircraft mission capability rate for its fleet of 73 F-15C, F-15E and F-16CJ aircraft in the wing's 12-year history with these weapon systems.

"These results indicate a continued steady rise in fighter aircraft fleet health brought on by the best maintenance training in ACC – and arguably the best in the Air Force – and were a large reason the 366th MOS won the ACC Maintenance Effectiveness Award," said Major Hintz.

Gunfighters get fit for life

By STAFF SGT. CHAWNTAIN SLOAN
GUNFIGHTER PUBLIC AFFAIRS

Idaho's on the move, and Gunfighters will trek along beside them during this May's National Physical Fitness and Sports Month.

An affiliate of the nationwide America On the Move movement, Idaho On the Move is one of many activities to get the Gunfighter community counting steps and calories for a healthier life.

The walking program, which continues through October, encourages participants to walk 2,000 more steps and eat 100 calories fewer daily, keeping track of their progress using a pedometer and personal journal.

Recent statistics have shown that obesity has increased by 64 percent throughout the last decade in Idaho, and "even the Air Force is about 34 percent overweight," said Russell Pierson, health education manager at the base health and wellness center.

"We want people to focus on becoming holistically healthy in every aspect and dimension of health," said Mr. Pierson.

Aside from taking strides toward a more fit lifestyle, people have an opportunity to participate in some fun activities through out the summer, get to know others in their community fighting the same battle and possibly win some good prizes, said Mr. Pierson.

People who are interested in learning more about or signing up for the program should stop by the base HAWC or Mountain Home Community Center for their information packet and free pedometer or visit the Web site at http://aom.americaonthemove.org/site/c.hiJRK0PFJpH/b.1318795/k.1FD1/America_On_the_Move_in_Idaho.htm.

Another program encouraging Gunfighters to make positive lifelong changes in their diet and exercise routines is the upcoming "Biggest Loser" competition.

Starting Monday at 1 p.m. at the base fitness center, 20 candidates selected in April will face off in the all-too-appropriate game of tug-of-war that officially starts the intense, 12-week program designed to whip them into shape.

Divided into two 10-member groups, the competitors will undergo a rigorous training routine that includes working out on their own, training with a fitness expert and participating in a team challenge once a week. Weekly progress is measured through weigh-ins and the team with the most amount of improvement is given a reward for their efforts that week. On week 12, the person with the greatest percentage of weight lost is crowned the "Biggest Loser" and wins the secret grand prize.

"We hope that we can change their ideology and thought-process so that they think that they need to

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ADS AIRMEN PREVENT PROBLEMS, PROTECT GUNFIGHTERS

STORY AND PHOTOS BY
STAFF SGT. CHAWNTAIN SLOAN
GUNFIGHTER PUBLIC AFFAIRS



AFTER LIGHTING CANDLES TO EMIT FOREIGN PARTICLES INTO THE SURROUNDING CLEAN AIR, AIRMAN 1ST CLASS KATHERINE REYES AND THE BIOENVIRONMENTAL TECHNICIANS ASSIGNED TO THE 366TH AEROMEDICAL DENTAL SQUADRON USE A SPECIAL MACHINE CALLED THE PORTACOUNT TO RUN A SERIES OF TESTS THAT ENSURE EACH GUNFIGHTERS' GAS MASK IS PROPERLY SEALED AND FITTED.

Just thinking about it makes anyone's teeth hurt – the uncomfortable pinch of the needle piercing the gums followed by the horrid taste of anesthetic numbing the mouth. The constant whine of the drill resonates in the ears and makes the body cringe.

While the dental flight is one of the largest flights and more than likely the first that comes to mind when the 366th Aeromedical Dental Squadron is mentioned, it is only one of six flights dedicated to treating the root of problems before they become a source of pain.

Three of those six – public health, bioenvironmental engineering and flight medicine – go above and beyond the mission of preventative medicine and focus on occupational safety and health.

One of their main jobs may be making sure Airmen here have met all medical requirements before and after deployment, but safety is the primary interest of the technicians assigned to public health, according to Capt. Jeffrey Collins, public health flight commander.

At home and overseas, public health Airmen are dedicated to educating people about environmental health concerns, making sure they take the necessary precautions to avoid contamination and ensure they receive proper treatment should they become infected.

With the steady deployment cycle, the technicians keep plenty busy with predeployment and reintegration briefings. However, they are also charged with daily food inspections, hearing tests and monitoring the population for any serious medical issues or trends, said Captain Collins.

"We don't generally have a 'typical day' because we have a lot of different things going on at any given time," he said. "The phone can ring, and your whole day could change because someone found rodent droppings so we conduct a site visit to determine if the Hantavirus is present, or a last minute deployment pops up and we have to give a short-notice briefing ..."

Much like their fellow public health Airmen, bioenvironmental engineering flight technicians are also committed to preserving the health of

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IN ADDITION TO DOING THEIR PART TO KEEP OPERATIONAL SUPPORT AIRMEN MISSION-READY, SENIOR AIRMAN SILVA EDNA, 366TH ADS AEROMEDICAL TECHNICIAN, AND MAJ. TIMOTHY RUTH, 366TH ADS FLIGHT MEDICINE FLIGHT COMMANDER, ALSO TAKE CARE OF THE HEALTH NEEDS OF GUNFIGHTER FAMILIES.

IN THIS ISSUE

Chief says front-line supervisors are foundation of AF

First-line supervisors rock!

As the Air Force continues to draw down its numbers, the responsibility and expectations resting on the shoulders of these young people has never been more challenging and critical to the success of our great service.

Air Force Instruction 36-2618, *The Enlisted Force Structure* (The

Little Brown Book), details the growing roles and responsibilities of Airmen as they progress through the enlisted ranks. Saddled with their own professional growth, first-line supervisors are directly tasked with developing our young Airmen into technical experts and leaders. They are trainers, mentors, career counselors ...

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FSC helps Gunfighters battle debt

One trillion dollars ...

A dollar sign followed by a one and 12 zeroes ...

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money left over ...

The amount of money Americans owed in 2003 to creditors, money lenders, banks and businesses from coast to coast — a time bomb waiting to ruin the financial future of many people.

Every day, more Americans dig themselves into severe ...

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Gunfighters strive to meet new energy saving goal by 2015

The base will celebrate the history and culture of Asian and Pacific region citizens during this year's Asian-Pacific American Heritage Month, which starts Monday.

Originating in the late 1970s, this celebration of Asians and Pacific Islanders in the United

States expanded in 1990 when President George H. W. Bush designated May for this month long observance.

Officials specifically chose May to commemorate the immigration of the first Japanese citizens to the United States May 7, 1843. It also marks the anniversary of the completion of the transcontinental railroad ...

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Success of AF relies on supervisors

By CHIEF MASTER SGT. KEITH PUDLOWSKI
366TH MEDICAL GROUP

First-line supervisors rock!

As the Air Force continues to draw down its numbers, the responsibility and expectations resting on the shoulders of these young people has never been more challenging and critical to the success of our great service.

Air Force Instruction 36-2618, *The Enlisted Force Structure* (The Little Brown Book), details the growing roles and responsibilities of Airmen as they progress through the enlisted ranks. Saddled with their own professional growth, first-line supervisors are directly tasked with developing our young Airmen into technical experts and leaders. They are trainers, mentors, career counselors and personal problems solvers while upholding standards and demonstrating personal readiness.

Training new Airmen remains a difficult, yet essential demand facing today's first-line supervisors. They're the technical experts required to complete the tasks at hand while allotting precious hours to ensure our future craftsman are proficient in those tasks. They pass on their years of skill knowledge to their subordinates,

guaranteeing our next generation of Airmen is ready to carry the fight to the enemy.

Equally important to the mission, supervisors devote much of their time helping their troops overcome personal problems. To stay at maximum capacity, our people must work free from distractions. First-line supervisors must know when to intervene when their Airmen face marital, financial, stress, alcohol and other problems. Left unaddressed, these issues can erode the troop's ability to function, and that affects their work center's ability to function.

Because of their position, first-line supervisors are the first echelon of support for their Airmen and must know when and where to refer their people for outside help. Helping troops solve personal problems is time consuming, but losing a valued troop when we don't intervene is far more devastating.

In addition to helping troops with problems, it's important for supervisors to provide routine career counseling to help their people them make informed decisions. This includes highlighting the abundant benefits, entitlements and opportunities the Air Force offers. Don't limit these chats to mandatory feedback sessions once or twice a year. To help young troops

reach their maximum potential, take time to have these discussions regularly. It does make a difference.

Besides being a mentor and counselor, first-line supervisors establish, clarify and uphold Air Force standards for their people. This includes setting a positive example in dress and appearance, customs and courtesies and fitness. Failure to set or enforce standards is destructive to effective leadership. It gives subordinates an excuse to maintain lower standards, which eventually affects mission readiness.

Here's a good example. In today's expeditionary Air Force, everyone in uniform must remain in top physical shape. We can't afford not to. Being physically fit allows the body to adapt easier to combat stress associated with today's high operations tempo and the rigors associated with deployments and combat.

Simply put, if first-line supervisors don't remain physically, mentally and technically ready, neither will their people.

In addition to upholding standards, first-line supervisors must maintain a professional work environment free from discrimination, sexual harassment and unprofessional relationships. An unprofessional work section undermines morale and creates chaos in the duty section. When supervisors demonstrate and en-

force the Air Force's stand on zero tolerance of unprofessional behavior, morale and productivity soar.

Of all supervisory responsibilities, being a mentor is often the most important. Mentors pass on every thing they've learned to their people as a way to groom these troops for increased authority, responsibility and leadership positions. Believe me, it's not easy. Effective mentors are available, personable, approachable, positive and trustworthy to their Airman. They sit down with their people frequently to discuss recognition, assignments, promotions, performance, skill improvement and personal goals. The payoffs are tremendous.

In recent years, the Air Force transformed into the most lethal, mobile and technically-advanced fighting force the world's ever known. First-line supervisors made that happen. These young professionals accepted tremendous demands, roles and responsibilities then met those challenges and continued to perform exceptionally as trainers, mentors, counselors, problem-solvers and support agents. They continue to effectively develop and nurture Airmen, ensure mission readiness and keep our Air Force postured for success for years to come.

First-line supervisors rock!

COMMANDER'S HOTLINE



COL. CHARLES SHUGG

This hotline is your direct line to me.

It's your opportunity to make Mountain Home Air Force Base a better place to live and work. I review every response to hotline questions, but functional experts prepare most responses.

If possible, you should first contact the organization responsible for the problem or function. Your first sergeants, commanders and agency chiefs want to help, so please let them try.

If you do not know how to proceed or if you have already tried your chain of command, then do not hesitate to contact the Hotline at 828- 6262 or e-mail CommandersHotline@mountainhome.af.mil.

Not all hotlines are published, but if you leave your name and phone number or e-mail address, I will make sure you get a reply.

COL. CHARLES SHUGG
366TH FIGHTER WING
COMMANDER

2005 AWARDS

As of this week

Air Force	13
ACC	53
12th Air Force	10

LAST DUI

366th Logistics Readiness Squadron

Days without a DUI:

31

AADD made 47 saves in April, and 535 so far this year

(Courtesy of AADD)

THE GUNFIGHTER



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Deadlines: All articles intended for publication in "The Gunfighter" must be submitted to the 366th Fighter Wing, Public Affairs Office, 366 Gunfighter Ave., Bldg. 512, Suite 314, Mountain Home AFB, Idaho 83648, by noon Friday. All submissions will be considered for publication based on news value and timeliness. Every article and photograph will be edited for accuracy, clarity, brevity and appropriateness. All articles will be edited to conform with the AP Stylebook and Libel Manual as stipulated in Air Force Instruction 35-101.

Coverage: Coverage of upcoming events should be arranged in advance by calling the public affairs office at 828-6800 or by sending an electronic message to pa.news@mountainhome.af.mil.

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Building the foundation for your future

By Lt. Col. Bruce Edwards
366TH AEROMEDICAL DENTAL SQUADRON

It is the first day of your new life outside the Air Force. You wake up, walk out on the front porch and take a look at the world before you. What do you do?

If you were informed that you could pursue your life's dream, starting today, what would you do?

The answers to this question

are as diverse as the people in the Air Force. Some would sail around the globe, others would build cabinets and some would be happy plowing and planting a farm field. While most of us have some idea of what we may do after we leave the Air Force, not all will be successful or even qualified to pursue that dream.

What makes the future look good for some and bleak for others? The answer, in the words of H. Ross Perot, "three

things; education, education and education."

If your lifelong dream is to navigate the earth as a shopper, traveler or sailor, you prepare for that task by increasing your knowledge base in navigation. You can take some classes, do some self study or subscribe to a magazine with informative articles on navigation. You may further want to meet people involved in the same pastime.

The Internet has become a vast

resource for educational information in virtually any discipline. Many universities post online educational materials, and most have some type of correspondence or computer-based programs you can take for credit.

If your dream requires some type of formal training or certification, now is the time to begin building the knowledge base that will allow you to breeze through the certification process when you meet that challenge.

If you have never asked yourself what you want to do after the Air Force, you might want to spend some time in careful reflection and consider the options. You may also want to discuss your plans with your spouse or significant other as they may influence your planning.

Regardless of your final destination, all of us will benefit from education along the way. The time to start building your foundation for the future is today.

Yom Hashoah: a day of remembrance

By Col. Michael J. Underkofler
908TH AIRLIFT WING

For one week each spring, we, as a nation, formally remember all those who perished more than 60 years ago in the Holocaust. This annual commemoration was established by Congress in 1979 and is known as the Days of Remembrance. The observance falls each year around Yom Hashoah, the 27th day of the month of Nisan in the Jewish calendar.

In Hebrew, Yom Hashoah literally means the Day of (remembrance of) the Holocaust. The Holocaust, or Shoah, was the systematic extermination of 6 million Jews, approximately two-thirds of the pre-war European Jewish population. Killed along with the Jews were 5 million others who included political dissidents, the Roma (gypsies), handicapped and others deemed less desirable by the Nazis.

This year, Yom Hashoah was Tuesday, and the Days of Remembrance were observed from April 23 to Sunday.

In Israel, since the early 1960s, sirens sound at 11 a.m. on Yom Hashoah to signal

two minutes of silent devotion. Throughout the world, many Jews will observe this day in synagogues or in the broader Jewish community.

But Yom Hashoah and the week-long Days of Remembrance are not observances only for Jews. All humanity suffered because of the Holocaust. Consequently, all humanity ought to pause and remember those who died.

It is also fitting during the Days of Remembrance that we honor those who fought against the Holocaust, those who liberated the camps, those who documented what had happened and those who continue today to tell the story.

Starting first as harassment, name-calling and false blame, the hatred against the Jews and others ultimately grew into an accepted practice of annihilation. Families had their possessions confiscated, forced to live in ghettos and finally transported to labor camps where most were abused, then killed, in short order.

In early 1945, the Allies were able to push through Europe to the heart of the Nazi-held stronghold. American Soldiers were

soon witnesses and liberators at the gates of the wretched death camps. They were not prepared for, nor were they able to comprehend, the magnitude of the evil that took place. The camps were horrific cesspools, where the dignity of human life was lost. Historians would later agree if the war had lasted much longer, most European Jews would have been exterminated.

The Americans who liberated the camps were deeply affected by what they saw. Tough-as-nails Generals George S. Patton and Dwight D. Eisenhower were so visibly shaken at the camps, they became ill.

General Eisenhower said in a letter in April 1945: "I made the visit deliberately, in order to be in a position to give first-hand evidence of these things if ever, in the future, there develops a tendency to charge these allegations merely to 'propaganda'."

The American liberators instinctively knew what to do. They took the time to bury and honor the dead, and carefully nurse to health the gaunt living who remained.

Remembering the Holocaust is important to Americans, especially those serving in the armed forces, for several reasons. It was the

American military that liberated many of the death camps, then exposed and documented what had taken place. America also welcomed many of those who survived and provided them opportunities and freedoms found nowhere else.

By annually and accurately telling the story of the Holocaust and honoring those who died, we help ensure future generations know what can happen if hatred, bigotry and indifference are left unchecked and unchallenged.

Finally, listening to the stories of survivors and liberators helps reaffirm what's best in our national culture. It serves as a touchstone for counting our blessings, enduring our hardships and remembering the ultimate sacrifices of others and the role we as military members play in guaranteeing the dignity and self-worth of all humanity.

Sirens may not go off in America this year on Yom Hashoah to remember those who died. But communities across this great land will still pause with their own ceremonies to honor them and to listen to first-person accounts from survivors and liberators.

CONGRATULATIONS TO THE FOLLOWING GUNFIGHTERS WHO SCORED MORE THAN 90 PERCENT ON THEIR CDC TESTS



Fast Facts: Consumer Debt

Each year, hundreds of thousands of Americans file for bankruptcy, often the result of extended illness, unemployment or overspending. To step out from the shadow of perpetual debt, the Federal Trade Commission offers the following alternatives.

Things To Do Now

\$ Make a realistic budget, and figure your monthly and daily expenses. Avoid unnecessary purchases — even small daily items. These costs add up.

\$ Build some savings to avoid borrowing for emergencies, unexpected expenses or other items. Even small deposits can help. For example, putting the amount of the fee normally paid on a typical \$300 payday loan in a savings account for six months would give you the extra dollars you'd need and give you a buffer against financial emergencies.

Penny-Pinching Steps

\$ If you need credit, shop carefully and compare offers. Look for lowest annual percentage rate, or APR. To get the lowest cost, compare the APR and finance charge (which includes loan fees, interest and other types of credit cost) of credit offers.

\$ Ask creditors for more time to pay your bills, and find out what they'll charge for that service. It may get billed as a late charge, an additional finance charge or higher interest rate.

\$ Find out if you have, or can get, overdraft protection on your checking account. If you regularly use most or all the funds in your account and make a mistake in your account ledger or records, overdraft protection can help protect you from further credit problems.

In Case of Emergencies

\$ If you're strapped for cash, consider taking out a small loan from a credit union or small loan company, or take out a loan from family or friends. A cash advance on a credit card may be a possibility but could have a higher interest rate than other sources. Find out the terms before you decide.

\$ If you need help working out a debt repayment plan with creditors or developing a budget, contact your local consumer credit counseling service. There are non-profit groups offering credit guidance to consumers at little or no cost.

\$ If you decide you must use a payday loan, borrow only as much as you can afford to pay with your next paycheck and still have enough to make it to the next payday.

(Source: Federal Trade Commission)

\$AVINGS\$ & WOES\$

By MASTER SGT.
BRIAN S. ORBAN
GUNFIGHTER PUBLIC AFFAIRS

One trillion dollars ...
A dollar sign followed by a one and 12 zeroes ...

Enough money to buy a high-end home computer system for every man, woman and child in the United States with plenty of money left over ...

The amount of money Americans owed in 2003 to creditors, money lenders, banks and businesses from coast to coast — a time bomb waiting to ruin the financial future of many people.

Every day, more Americans dig themselves into severe financial debt. Many of them fall into this pit with little hope of climbing back out, according to Susan Rueger, financial counselor with Mountain Home's family support center.

The center sees clients every day with a variety of financial issues. At least one in three of those walking through the doors have severe money woes, defined as having more than 30 percent of their paychecks going to pay the hefty interest rates and multiple moneylenders they owe.

"Those in severe debt are more likely to feel unusually high levels of stress from worrying constantly about paying off debts and making ends meet. The stress is going to affect their family life, their ability to focus at work, and the overall effect of debt and stress can eventually cause them to be forced out of the Air Force," Ms. Rueger said.

It's this reality that prompts the FSC's counselor to offer her help to those struggling to make ends meet before it's too late.

Root Cause: Poor Money Management Skills

In cases of severe financial woes, people really don't have money problems; they have poor money

management skills and self-discipline problems. Most of the time, they overextend their credit limits and spend beyond their ability to make minimum payments.

"Those who get into trouble are often the ones that want instant gratification," Ms. Rueger added. "They don't want to wait to save \$1,000 or \$2,000 for a car [down payment]. They want a car now. When they do buy a car, their lack of money management skills means they will pay higher interest rates and higher insurance premiums on a vehicle that could be out of their affordability range."

That's where problems can start, she added. An advertised payment of \$400 on approved credit, for example, can easily jump by a couple of hundred dollars for those with an average credit score. Add in a high monthly insurance payment for a young Airman with a less-than-spotless driving record, and that \$400 monthly payment can easily exceed \$800 per month.

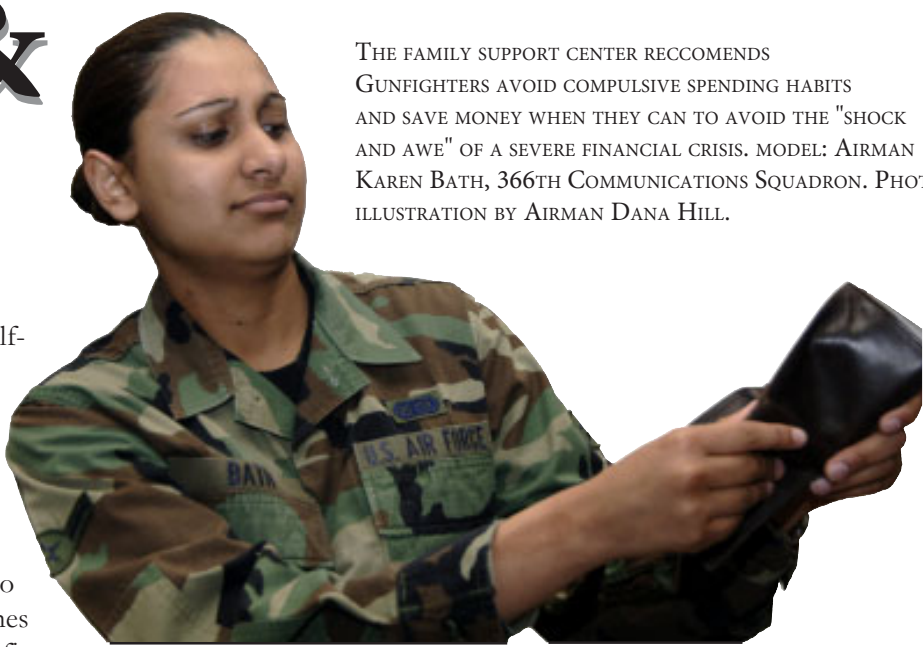
With average car loans exceeding 48 months, it doesn't take long for money to start disappearing, Ms. Rueger said.

"It gets to the point where they spend an entire paycheck on their car," she added. "In some instances, they can't afford to put gas in the tank."

Culprit Number 2: Self-Discipline

The need for instant gratification can lead to other problems for those ignoring the bottom line. Compulsive spending and "boredom buying" eat away at people's paychecks.

"In most cases, people don't know why they're doing it," the counselor said. "Compulsive shoppers are spending money because buying something makes them feel good — for at least a few minutes. If they



THE FAMILY SUPPORT CENTER RECOMMENDS GUNFIGHTERS AVOID COMPULSIVE SPENDING HABITS AND SAVE MONEY WHEN THEY CAN TO AVOID THE "SHOCK AND AWE" OF A SEVERE FINANCIAL CRISIS. MODEL: AIRMAN KAREN BATH, 366TH COMMUNICATIONS SQUADRON. PHOTO ILLUSTRATION BY AIRMAN DANA HILL.

don't buy something, they feel guilty."

Ironically, those who impulse shop often buy what Ms. Rueger calls consumables — a night on the town, restaurants, entertainment or just plain stuff. They have a credit card statement and nothing to show for it.

Boredom buying is especially a problem for those on deployments or serving overseas, she said. Armed with a personal computer, Internet access and a credit card, they devote their off-duty time shopping for themselves or their family.

Even those who religiously pinch pennies aren't immune. The FSC sees clients who "binge spend" where they won't buy anything for six months then splurge and empty their savings account — a "lack of balance" between saving money and making sensible purchases.

With more people in uniform deploying regularly, the counselor sees clients with a new problem — post-deployment budget crises. Military members draw hostile fire pay, family separation allowances and other entitlements and extend their spending accordingly. They've grown accustomed to those extra dollars. After they return to Mountain Home, they forget those dollars will dry up fast.

In the worst case situations, the Airmen are overpaid after they return here only to see their next paycheck a lot smaller as finance officials reclaim the overpayment. Having overspent and nothing left to buy groceries or pay the regular bills, Airmen find themselves with a major problem.

Finding the End of the Rainbow

Once they've dug themselves into a money pit, it can take years for people to climb out, according to Ms. Rueger. Financial counseling at the FSC is a start. One-on-one counseling helps give people a snapshot of their personal situation and offers places to trim debt and establish a debt repayment plan that can reduce the timeframe from an average of 13 to three years without adding additional amounts to their payments.

But the secret to financial success lies with each person, according to the counselor.

"Even a commander can't tell their people how to spend their money and how much they can spend," she added. "However, we can teach people to live within their means. If they're comfortable with \$500 in the bank and don't touch it, then they've achieved their goal. However, others aren't comfortable unless they always have \$5,000 in the bank."

In case of family emergencies, the Air Force Aid Society can also help in the form of interest-free loans, she added.

The \$1 trillion personal debt is growing across the United States. Ms. Rueger urges people here, especially those who won't admit they may have a problem, to seek lasting solutions to their financial situation and climb out of the money trap.

"We can help," she said.

IN THE SPOTLIGHT

FTAC awards

Congratulations to Airman 1st Class Jack A. Williams, 266th Medical Operations Squadron, on receiving the First Term Airmen Center's "Sharp Troop" award as the top performer of Class 06-K.

Congratulations to Airman 1st Class Taurean Gray, 366th Component Maintenance Squadron, on receiving the "Gunfighter Pride" award for Class 06-K.

NEWSLINE

ALS graduation

Gunfighter Airman Leadership School Class 06-E graduates Tuesday at the Gunfighters Club. Social hour is at 6 p.m., and the ceremony follows at 6:30 p.m.

Uniform is service dress or semi-formal.

New laundry dry cleaners hour

Beginning Thursday, the Base Exchange laundry dry cleaners closes every Thursday.

Legal office closure

The legal office closes May 5 from 10:30 a.m. to 2 p.m. for an official function.

Idaho hunting laws

Bob Sellers from Idaho Fish and Game visits the Base Exchange from 1 to 3 p.m. May 6 to answer questions about hunting laws and procedures in Idaho.

Golf tournament

Operation Warmheart sponsors a four-person best-ball golf tournament May 12 at Silver Sage Golf Course. A shotgun start begins at 11 a.m. The cost is \$120 per team and includes green fees, golf cart and barbecue after the tournament. All teams must register and pay by May 12. To register, call Master Sgt. Mikel Caraway at 828-4275 or Master Sgt. Jeffery Waters at 828-2263.

Case lot sale

The commissary case lot sale is May 12 and 13. The sale features savings from 15 to 50 percent off regular price on more than 150 items.

Did you know?

A retiree is guaranteed monthly income for life, but retired pay stops the date the retiree dies. The Survivor Benefit Plan was created to protect widowed spouses and dependent children from a total loss of the security retired pay provides. With SBP, a retiree's eligible survivor always receives part of the deceased member's military retired pay. Prior to retiring, everyone has a chance to enroll. For more information, call Elise Mathias, SBP counselor, at 828-2475.

For efficient funds management, base people are encouraged to source Defense Reutilization Marketing Offices through the Web site www.drms.dla.mil for all supply needs.

What is Zero Overpricing? The purpose of ZOP is to reduce overpricing in the Air Force and other Department of Defense acquisitions, to furnish a means for all Air Force materiel users to become involved in promoting more efficient use of funds, and to provide for recognition and awards for such personnel. Requests for price challenges are initiated on AF Form 1046 and submitted to the 366th Logistics Readiness Squadron customer service office.

All supply customers should be aware of the importance of the monthly due-out validation. This validation involves money, and could result in the loss of organiza-

Gunfighters to celebrate Asian-Pacific heritage

By CAPT. TAMMY JOHNSON
366TH FIGHTER WING
MILITARY EQUAL OPPORTUNITY OFFICE

The base celebrates the history and culture of Asian and Pacific region citizens during this year's Asian-Pacific American Heritage Month, which starts Monday.

Originating in the late 1970s, this celebration of Asians and Pacific Islanders in the United States expanded in 1990 when President George H. W. Bush designated May for

this month long observance.

Officials specifically chose May to commemorate the immigration of the first Japanese citizens to the United States May 7, 1843. It also marks the anniversary of the completion of the transcontinental railroad May 10, 1869, which was built mostly by Chinese immigrants.

In honor of the special observance, the base's Asian-Pacific American Heritage Committee sponsors several free activities open to all Gunfighters and their families. The

month's festivities kick off at 11 a.m. Tuesday with a free taste fest at the community center featuring foods unique to the region.

A Spam cook-off follows May 12 at the community center to put people's creative culinary skills to the test. The contest is open to all Gunfighters and their families, and the Spam is free.

The next event is a Sights and Sounds of Asia celebration at 6 p.m. May 20 at the community center and boasts ethnically unique dinner and entertainment.

The annual observance concludes with the Passport to Asia event from 3:30 to 5:30 p.m. May 25 at the youth center. Children age 3 - 12 can walk around booths representing different countries. Each booth will have an activity to accomplish to receive a stamp for a passport. When the passport is filled, they will receive a prize.

For more information about these events, call Capt. Danny Lee at 828-3780 or the wing's military equal opportunity office at 828-2751.

ADS

- Continued from Page 1

working Gunfighters.

Well known throughout the base for their quick response when a suspicious substance is present or peculiar smell is in the air, the flight also takes a proactive approach to ensuring Mountain Home Airmen are protected before the occurrence of a nuclear, biological or chemical incident or accident.

"Our main day-to-day job is to visit the industrial areas on base that directly support the flying mission and perform health risk assessments, taking note of hazards they are exposed to and making sure they are wearing the appropriate gear and operating safely," said Capt. Carl Champion, bioenvironmental engineering flight commander.

Divided in to two categories based on risk factor, the technicians visit six high-risk shops yearly and more than 75 moderate-risk shops every other year. Shops that

acquire a new piece of equipment or chemical get a special visit, said Captain Champion.

"We assess what directly affects the force, the environment they are working in and the activities they are doing," said Captain Champion. "We anticipate, recognize and evaluate the hazards, and then we recommend controls. We also bring information back to flight medicine and public health so they can use it to determine if a person who has been exposed to a hazard needs treatment."

Although treating Gunfighters and their families is their primary mission, the flight medicine flight is equally as concerned about occupational safety hazards as their comrades in their sister flights.

While most medical professionals spend the majority of their time in the clinic, the flight medicine Airmen interact with the bioenvironmental engineering and public health flights on almost a daily basis, according to Maj. Timothy Ruth, flight medicine flight commander.

Frequently accompanying both

flights during routine inspections and regularly reviewing all pertinent data collected, the technicians and doctors ensure that the occupational health concerns raised are immediately addressed and those affected are treated.

"Flight surgeons are truly occupational medicine docs," said Major Ruth. "We need to know and understand the flying mission and participate in regular flying in addition to seeing patients in the clinic."

Despite the extensive list of roles that make the 366 ADS Airmen within each flight unique, Major Ruth said there is one constant within the squadron — it takes each flight working together to keep Gunfighters fit to fly, fight and win.

"Our involvement with the other flights within ADS is so important because we all share different parts of the mission, so it is a team effort," he said. "It's a privilege to serve and support our folks. We bring a unique skill set to the 366th Fighter Wing and hope that our patients see us as a valuable link between medicine and the mission."



TECH. SGT. ROBERT COLLUPY AND AIRMEN ASSIGNED TO THE 366TH AERO-MEDICAL DENTAL SQUADRON PUBLIC HEALTH FLIGHT BELIEVE DISEASES AND VIRUSES LIKE THE WEST NILE VIRUS ARE A SERIOUS THREAT TO GUNFIGHTERS. THE PUBLIC HEALTH AIRMEN ARE CURRENTLY SETTING UP MOSQUITO TRAPS AROUND BASE TO CATCH AND TEST THE BLOOD-THIRSTY INSURGENTS.

Missions begin with air tasking orders

By **TECH. SGT. SARA HILMOE**
RED FLAG-ALASKA
PUBLIC AFFAIRS

EIELSON AIR FORCE BASE, Alaska - Though Red Flag-Alaska 06-2 is an enhanced training opportunity for the U.S. military, the game is still the same: war.

Air Force active duty, National Guard and Reserve units from across the United States are participating in the two-week joint training exercise that started April 24.

Since participants began arriving April 17, the tarmac has seen a flurry of activity. Airmen from more than 10 units work together to prepare A-10 Thunderbolt IIs, B-52 Stratofortresses, F-16 Fighting Falcons, KC-10 Extenders, KC-135 Stratotankers and HH-60G Pave Hawks for their upcoming missions – missions not revealed until

they were “dropped” April 24. All missions begin with the dropping of an air tasking order, or ATO, which is the lead planning document commanders follow. Once received, the teams – red, white and blue – can put their “game pieces” into place.

“The ATO consolidates the schedules of everything that’s going to be in the air that day,” said Capt. Matt Watson, one of three white force team members writing the exercise ATOs. “It’s creating a schedule based on the goals of the war (game) or the mission.”

The white force consists of active-duty members assigned here who facilitate the exercise for the blue and red teams that play the friendly and hostile forces, respectively.

“We see ourselves as the referees for the actual players,” said Capt. Michael Clark, one of the white

force ATO writers. They also advise Col. John Dobbins, the air expeditionary wing commander for Red Flag-Alaska, because they are familiar with the base and its vast training area.

Once the ATO drops, the “friendly” blue forces receive their specific orders and go to work. The “hostile” red team also receives an order for the day, but they’re privy to a bit of inside information on what the blue team will be doing so they can plan the needed training maneuvers.

The blue team, however, is not provided with the capabilities or methods the red team will use. All they know is that the aggressors will be attacking.

At first, reading the cryptic orders line by line can be overwhelm-

ing and lengthy, but technology and computers help the mission commanders and their units sort the orders out by mission, flight or specific unit.

Capt. Ron Strobach, Red Flag-Alaska project officer and white force member, said the ATO gives participants an overall picture of where everyone will be for the entire day, whether on the ground or in the air.

For the mission commander, reading and deciphering the plan is only the beginning of the challenge. The mission planning cell begins to

plan for any contingencies that may occur while they are carrying out the mission. These contingencies are planned, so that when they are needed, a simple command can be sent out to make them happen.

“Units have to be able to adapt to this plan and still meet the mission requirements,” Captain Clark said.

Captain Watson said it’s like being given a set of ingredients and told to make a cake.

“You may not be given everything you’d like for the outcome you desire, but you work with the pieces you have,” he said.

The ATOs are built based on training requirements and special requests from the different units participating in order to prepare them for upcoming deployments. Because some exercise participants have never deployed, it may be the first time they have seen an ATO.

“There are a lot of new people coming through,” Captain Strobach said. “Here they’ll see the actual, physical document they would see

in the real world. It can be pretty cryptic, so it’s good for them to see it here.”

The white force members write ATOs to meet the units’ needs, while assuring no participant will violate any restrictions of the training area.

Captain Clark said writing ATOs is an additional duty.

“In the real world, there would be an entire shop dedicated to writing them,” the captain said. “We simulate with three people what six to 12 people do in an air operations center.”

Once the mission is complete, a mass debriefing is held to determine its success rate and pilots get instructions on how to correct the things that went wrong. While the teams are all striving for a 100-percent mission-completion rate, they will have to wait for the next ATO to drop for their next shot at perfection.

(Capt. Aaron Wiley, Red Flag-Alaska Public Affairs, contributed to this story)



PHOTOS BY TECH. SGT. JEFF WALSTON
THE RAMP AT EIELSON AIR FORCE BASE, ALASKA, IS FULL AS AIRCREWS WAIT FOR THE AIR TASKING ORDER TO “DROP” ON THE FIRST OFFICIAL DAY OF RED FLAG-ALASKA 06-2 MONDAY. SINCE PARTICIPANTS BEGAN ARRIVING APRIL 17, THE BASE SAW A FLURRY OF ACTIVITY AS AIRMEN FROM MORE THAN 10 ACTIVE DUTY, NATIONAL GUARD AND RESERVE UNITS WORKED TOGETHER TO PREPARE FOR THEIR UPCOMING MISSIONS.



A B-52 STRATOFORTRESS FROM THE 93RD BOMB SQUADRON AT BARKSDALE AIR FORCE BASE, LA., LAUNCHES FROM EIELSON AFB, ALASKA, ON THE FIRST FULL DAY OF RED FLAG-ALASKA 06-2, MONDAY.

Luke AFB Airmen share environmental innovation

By **STAFF SGT. MATTHEW ROSINE**
AIR FORCE PRINT NEWS

LUKE AIR FORCE BASE, Ariz. - A small group of Airmen here have spent the past several days sharing an Air Force environmental innovation and educating some leaders of tomorrow.

These environmentally conscious Airmen are volunteers in the base’s environmental quality program. The innovation is a new environment-friendly recycling bag and the future leaders are children in Phoenix’s elementary schools.

“I enjoy doing it,” said Staff Sgt. Milo Munoz, a program volunteer and F-16 Fighting Falcon crew chief from the 308th Aircraft Maintenance Unit. “For a lot of us, it is really fun.”

But, the noncommissioned officer, known as “Captain Planet” by his co-workers, said the most important part of the base’s environmental program is the increase in education and awareness.

“Education is really the most important thing,” he said. “Because, the wrong information is out there and it can cause people to make wrong decisions. By educating people with the right knowledge, we change their understanding. They understand that even the little things can add up.”

The Luke Airmen are educating children in the local community with an innovation created to help base housing residents improve their recycling capabilities – a “Good Stewards” recycling bag.

The bag was created by the base’s environmental office. It is mesh on both sides, machine-washable and designed to hang from a door for easy accessibility. It

also has a handle on the bottom to help when emptying contents into a recycling bin and a list of recyclable items printed on the back.

“We tried to make it as convenient as possible,” said Jeff Schone, the base’s chief of environmental quality. “Now we are bringing this idea into the local community.”

The base’s environmental outreach to local schools was done in support of Earth Day Saturday. Airmen visited schools and gave away the bags to students in each class. They spoke to the children about recycling, protecting the environment and what they can do to help their school stay environmental friendly.

“They are never too young to teach our children to save our world’s resources,” said Ace Faust, Palm Valley School principal. “Luke Air Force Base has not only helped us with this program but with many others. We have had a good relationship with the base since we opened our doors. And, the best part is that the children get to see another person making a difference – (the Airmen) are another role model they can follow.”

Teachers feel that the Luke volunteers are making a difference.

“The kids just think these guys are awesome,” said Charles Usher, a fourth grade teacher at Palm Valley School. He is a retired master sergeant who taught professional military education. “They are the most community-minded folks I have ever seen. The kids feel their enthusiasm and now they are gung-ho, too. We love these guys and we love what they are doing for our homes.”



PHOTO BY TECH. SGT. CECILIO M. RICARDO JR.
STAFF SGT. MILO MUNOZ HANDS OUT RECYCLING BAGS TO CHILDREN AT PALM VALLEY ELEMENTARY SCHOOL IN PHOENIX, ARIZ., APRIL 20. SERGEANT MUNOZ, A CREW CHIEF WITH THE 308TH AIRCRAFT MAINTENANCE UNIT AT NEARBY LUKE AIR FORCE BASE, VOLUNTEERS TO HELP PROMOTE AIR FORCE ENVIRONMENTAL PROGRAMS.

PJ SELECTION PROCESS



PHOTO BY AIRMAN 1ST CLASS VERONICA PIERCE
MILITARY AND CIVILIAN APPLICANTS TAKING PART IN THE 306TH RESCUE SQUADRON PARARESCUE SCREENING DO SIT-UPS IN A MUD PIT WHILE HOLDING A WOODEN LOG AT DAVIS-MONTHAN AIR FORCE BASE, ARIZ., APRIL 21. APPLICANTS MUST PASS A TIMED 3-MILE RUN, 1,500-METER SWIM, CALISTHENICS AND OTHER TASKS BEFORE PROCEEDING TO THE 10-WEEK INDOCTRINATION COURSE AT LACKLAND AFB, TEXAS.

Airmen missing in action from WWII identified

AIR FORCE PRINT NEWS

WASHINGTON - The Department of Defense POW/Missing Personnel Office announced this week that the remains of 11 U.S. Airmen missing in action from World War II were identified and are being returned to their families for burial with full military honors.

They are Capt. Thomas Paschal, El Monte, Calif.; 1st Lt. Frank Giugliano, New York; 1st Lt. James Gullion, Paris, Texas; 2nd Lt. Leland Rehmet, San Antonio; 2nd Lt. John Widsteen, Palo Alto, Calif.; Staff Sgt. Richard King, Moultrie, Ga.; Staff Sgt. William Lowery, Republic, Pa.; Staff Sgt. Elgin Luckenbach, Luckenbach, Texas.; Staff Sgt. Marion May, Amarillo, Texas.; Sgt. Marshall Borofsky, Chicago; and Sgt.

Walter Harm, Philadelphia. All 11 were in the U.S. Army Air Forces.

The remains of the entire crew were buried at Arlington National Cemetery near Washington, D.C., April 21 as the names of each individual were read with the exception of Sergeant King and Lieutenantas Giugliano and Widsteen, whose families elected hometown burials.

On April 16, 1944, Captain Paschal and Lieutenant Widsteen were piloting a B-24J Liberator with the other nine men aboard. The aircraft was returning to Nadzab, New Guinea, after bombing enemy targets near Hollandia. The plane was last seen off the coast of the island flying into poor weather.

In early 2001, a team of specialists from the Joint POW/MIA Accounting Command interviewed a native of Papua, New Guinea, who claimed to have found the

DoD committed to environmental conservation

By **ARMY SGT. SARA WOOD**
AMERICAN FORCES PRESS SERVICE

WASHINGTON - In celebration of Earth Day on April 22, the Defense Department showed its commitment to conserving and improving the environment, while still maintaining the nation’s military readiness, a DOD official said.

The war on terrorism presents the U.S. with an agile, unpredictable enemy, so DOD’s focus must be on the warfighter, said Alex Beehler, assistant deputy undersecretary of defense for environment, safety and occupational health.

The best way to help the warfighter is to ensure the department has the natural resources to test weapons systems and train its forces by making sure military installations and the surrounding communities remain viable, he said. In this way, military readiness and environmental conservation are inextricably linked.

“It is imperative that we manage our assets in a sustainable manner so we can support the warfighter not only today, but also tomorrow and into the future,” Mr. Beehler said.

All branches of service celebrated Earth Day over the last week.

aircraft crash and recovered identification for Sergeants May and Harm. The team surveyed the site in 2002 and found wreckage that matched Captain Paschal’s aircraft tail number along with human remains. They also took custody of remains previously collected by the villager.

Later that year, two additional JPAC teams excavated the crash site and recovered additional human remains and crew-related artifacts. Identification tags were found for Sergeants Luckenbach and May and Captain Paschal. Other crew-related materials found were consistent with items used by the Army Air Forces around 1944.

Mitochondrial DNA obtained from dental and bone samples was one of the forensic tools used by JPAC scientists and Armed Forces DNA Identification Laboratory specialists to identify the Airmen.

FITNESS
MONTH
ACTIVITIES

Monday
Aerobathon
8 a.m. to 3:30 p.m. - Check out different types of athletic shoes at the shoe kiosk and hang out for the random give-a-ways

8 a.m. – Facility tour
8:30 a.m. – Power Yoga
9 a.m. – Cardio Combat
10 a.m. – Facility tour
10:30 a.m. – Intro to Step
11 a.m. – Equipment orientation
11:30 a.m. – Intro to Cycling
Noon – Facility tour
2 p.m. – Facility tour, equipment orientation and Intro to Abs/Glutes

Biggest Loser competition
1 p.m. – Initial weigh-in, fit test and first official team challenge

May 5
9 a.m. – Singles racquetball tournament

May 13
Basketball tournament
10 a.m. – Three 3-on-3 games
11 a.m. – Slam dunk contest
11:30 a.m. – 3-on-3 games
12:30 p.m. – 3-point and free-throw shoot outs

May 19
3 p.m. – Run for Remembrance (4.2 miles)

Marathon runners conquer Boston

By 1st Lt.
MARTHA PETERSANTE-GIOIA
66TH AIR BASE WING
PUBLIC AFFAIRS

BOSTON-Runners from around the world hit the streets of Boston and its suburbs April 17 on a winding, 26.2-mile course that is the Boston Marathon—a Patriot’s Day tradition here in “The Hub.”

Mixed in with the world’s elite sneakers pounding the pavement, were runners from the Air Force and the military community, including Air Force Academy cadets.

Some experienced the pain of “Heartbreak Hill” in Newton, Mass., for the first time as others passed the summit again, looking up at the statue of Johnny Kelley for inspiration.

Mr. Kelley holds the record for the most Boston Marathons completed with 61 — he won in 1935 and 1945.

For one captain from Hanscom Air Force Base, Mass., the dream of finishing Boston was something she couldn’t pass up, especially after

watching a friend complete last year. “This was my first time running Boston,” said Capt. Sabine Peters, Electronic Systems Center financial management office. “It was a wonderful experience with all the crowds and people. Yes, it was a challenge — any marathon is — but it was worth it.” When asked about Heartbreak Hill, this Boston newbie revealed it was all a mental game.

“There is definitely hype and anticipation with Heartbreak Hill but you set yourself up — I stopped for a Gatorade and thought, ‘I’ll get this and I’m good,’ and then at the next stop, I got energy gel and thought, ‘OK, I can do this.’”

“I ran up Heartbreak Hill, thinking, ‘No, I’m not going to let you get me.’ And I didn’t,” she said.

It was this motivation to finish that carried Captain Peters through those last six miles and around the corner onto Boylston Street.

“Running to the finishing line you really get emotional. I never saw myself as a marathon runner,” she

said. But there she was, “surrounded by the crowd, the clock ticking, it was just ‘wow’ — your legs are in pain, screaming at you to stop, but you’re thinking, ‘No, I will finish.’”

And she did — in 4 hours, 2 minutes, 26 seconds — a full 30 minutes under her goal.

The Boston Marathon isn’t just an individual event like some may think. Teams were also competing in both open and master’s events. This year the Air Force entered four runners in the men’s open competition — 2nd Lt. Andrew Boone, 1st Lt. Levi Severson, and Lt. Col. Jon Schoenberg from Hanscom, and Lt. Col. Mark Cucuzzella from Andrews AFB, Md., who placed second in the Men’s Open competition with a combined time of 7:41:55.

Keeping with the team mindset many viewers watching this event were introduced to “Team Hoyt” — a father and son team that has participated in Boston since 1981. Dick Hoyt pushes his son, Rick, who cannot walk or talk, in a wheelchair for

the entire race. However, running quietly out of the media spotlight in the second wave of people was Ray Phillips of the ESC contracting office, competing in his 50th marathon.

Mr. Phillips is partnered through the Boston Children’s Hospital charity, with 10-year-old Andy Martin Jr., who was born with spina bifida and paralyzed from the waist down.

The two met in 2000 when Andy was 4 years old and continue to finish the last 600 yards together for the past six years.

“The big message here isn’t me running a marathon; it’s Andy and our partnership,” he said. “Since he was 4, Andy has wanted to do this. He keeps planning and looking forward to 2014, when he’ll meet the age requirement to be a wheelchair entrant.

“One of the biggest moments for me was when he told me he wanted to enter and we’d continue to finish together. If he’s strong enough, I’ll be the one waiting at the corner for him and if not, then we’ll do the entire course together, side by side,” he said.

HEALTH

- Continued from Page 1

work out six days a week — whether it’s 20 minutes a day or an hour a day,” said Tech. Sgt. Richard Pyle, noncommissioned officer in charge of the fitness center. “If we can get them into the habit of working out on a regular basis, they’ll continue that habit and have a healthy lifestyle as well as live longer.”

For those who missed the cut-off for the “Biggest Loser” but want to participate in an activity a little more physically demanding than walking, the fitness center hosts several other group-oriented activities throughout May including an Aerobathon from 8 a.m. to 3:30 p.m. Monday.

The all-day marathon includes previews of a variety of free classes offered weekly at the fitness center like power yoga, cardio combat,

step aerobics, cycling and circuit training with chances to win prizes during random give-a-ways. The center also offers tours to familiarize people with the newly-remodeled facility and the recently-upgraded equipment.

“We want to get people who never come or come very rarely to the fitness center reenergized and back in the doors,” said Sergeant Pyle.

Based on the motto “Revisit the Fitness Center,” Sergeant Pyle said

the event is also designed to introduce military members and their units to other options available for group PT sessions.

Participation in intramural sports programs and fitness classes has declined, and “that is what these programs are for — for people who need to work out,” he said.

For more information or a complete schedule of activities, stop by or call the fitness center at 828-2381.

SPORTS
ROUNDUP

Volleyball Standings
Intramural
Thunder League

Team	Record
726th ACS	10 – 1
CMS	5 – 2
EMS	4 – 5
CES	3 – 4
LRS	3 – 4
MDG	2 – 5
391st AMU	1 – 6

Lightening League

Team	Record
CS	6 – 0
MOS	4 – 2
Chiefs/Shirts	3 – 3
OSS	2 – 4
SVS	2 – 4
Bldg. 512	1 – 5

UPCOMING
GAMES

MONDAY
391st AMU vs. LRS - 5 p.m.
CES vs. CMS - 6 p.m.
CES vs. 391st AMU - 7 p.m.

WEDNESDAY
MDG vs. EMS - 5 p.m.
391st AMU vs. CMS - 6 p.m.
CMS vs. MDG - 7 p.m.
Bldg. 512 vs. CS - 8 p.m.

Ads

SERVICES

Auto skills center

Contract mechanic and paint and body tech — Work done by appointment only.
To make an appointment, call 828-2295.

Bowling center

NASCAR League —League meeting May 16 at 7 p.m., league time decided during the meeting. Participants must be 16 years or older.
Family special — Bowl for \$1 a game every Sunday.
For more information, call 828-6329.

Community center

Scrapbook all-nighter — May 5 from 6 p.m. to 6 a.m. Cost is \$2. Bring a favorite dish for snacks.
Latin all-nighter — May 12 beginning at 9 p.m. Cost is \$3 (club members get \$1 off). Participants must be 18 years old.
Mother's Day family bingo — May 14 from 2 to 5 p.m.
Power yoga — Mondays and Wednesdays from 5:15 to 6:15 p.m. Cost is \$40 for eight sessions. Must bring own mat, blocks and straps.
Elementary Russian — Mondays and Wednesdays from 6 to 7:30 p.m. Cost is \$40 for eight sessions.
Magic class — Tuesdays from 7 to 9 p.m. All ages invited. Adults must accompany children. Four sessions a month. \$20 per person.
Photography classes — Tuesdays and Thursdays from 6 to 8 p.m. Cost is \$30 for eight sessions.
Latin dance — Mondays and Thursdays from 7 to 8 p.m. Cost for classes is \$25 per person or \$45 for a couple.
Spanish classes — Tuesdays and Thursdays from 6:30 to 8:30 p.m. Cost is \$30 for eight sessions.
Dog obedience — Saturdays from 10 to 11 a.m. Cost is \$35 for four sessions.
For more information, call 828-2246.

Youth programs

Kids Klub — May 5 from 6:30 to 9 p.m. For children ages 6 to 9. Cost is \$5, members get \$1 off.
Family skate night — May 6 from 6:30 to 9 p.m. Cost is \$5; members get \$1 off.
Kids hang — May 12 from 6:30 to 9 p.m. This event is for children ages 9 to 12. Cost is \$5; members get \$1 off.
Teen late night — May 12 from 9:30 p.m. to midnight. Teens welcome. Cost is \$5; members get \$1 off.
For more information, call 828-2501.

Outdoor adventure program

Come to the outdoor adventure program building (Bldg. 2800 across from the youth center) to get a calendar to help plan all outdoor adventures.
For more information, call 828-6333.

Outdoor recreation supply

Video rentals — Video rentals are available for sportsmens’ needs. Week-end rentals are \$1, day rates are 75 cents and additional days are 50 cents.
Sportsman camp trailer special — Camp trailers are reserved the first working day of the month and may be reserved for the following month. Prices are \$60 per weekend, \$45 over night and \$15 each additional day.
For more information, call 828-2237.

Library

Story time — Wednesdays at 1 p.m. for supervised children ages 3 to 5.
Pony Espresso Café — Hours of operation are Monday through Friday from 6:30 a.m. to 5:30 p.m. Serve a variety of coffee drinks, smoothies and pastries.
Video club — The yearly membership fee is \$12, and members can borrow up to three videos at a time for a one week rental.
Multi-media center — Features color copier, scanner and photo printing.
For more information, call 828-2326.

Pizza Etc.

May special — One 12-inch two-topping pizza and two 24-ounce sodas for \$10.50.
Soup of the day —
Monday — Chicken gumbo
Tuesday — Chicken and dumplings
Wednesday — Creamy potato with bacon
Thursday — Cream of broccoli
Friday — Clam chowder

Gunfighters Club

Cook your own steak or chicken — Every Thursday in May. The cost is \$3.95 for club members.
Gunfighters night buffet — May 10 and 24 from 5:30 to 7:30 p.m. Dinner is a members-only benefit. The cost is \$3.66 for adults and \$1.80 for children under 12.

Silver Sage Golf Course

Mother's Day merchandise sale — May 8 to 14. Save 15 percent on all women’s merchandise.
Beginners league — Wednesdays. This non-competitive league offers beginners the opportunity to get on-course experience and familiarize themselves with the golf course. Twilight rates apply. Adults 18 and older are invited to attend.
Mothers play free day — May 14. Bring mom out to the golf course for a day on the greens. Mom plays free.

Arts and crafts center

Custom engraving orders — Receive 10 percent off all custom engraving orders from May 8 to 10.
Beginners frame and matting class — May 9 and 16 from 5 to 8 p.m. Ages 16 and up. Cost is \$25 (materials are not included).

VIPER VISITS



PHOTO BY SENIOR AIRMAN BRIAN STIVES

VIPER PERFORMS PUSH UPS WITH MEMBERS OF THE 366TH FIGHTER WING COMMAND POST WEDNESDAY MORNING AS THEY PERFORM THEIR ANNUAL PHYSICAL TRAINING TEST. VIPER REMINDS ALL GUNFIGHTERS THAT MAY IS NATIONAL PHYSICAL FITNESS AND SPORTS MONTH, AND THE FITNESS CENTER HAS MANY ACTIVITIES PLANNED THROUGH OUT THE MONTH.
IF YOU WOULD LIKE VIPER TO VISIT YOUR SHOP, CALL THE PUBLIC AFFAIRS OFFICE AT 828-6800 OR SEND AN E-MAIL TO PA.NEWS@MOUNTAINHOME.AF.MIL

CHAPEL

Catholic

Sunday Mass — 8 a.m.
CCD Sunday — 9:30 to 10:45 a.m. for 3 year olds to adults; located in the Religious Education Building.
Daily mass — Wednesday at 11:30 a.m.

Protestant

Sunday school — 9:30 to 10:30 a.m. for 6 month olds to adults; located in the Religious Education Building.
Traditional service — Sunday at 11 a.m. Also provided at this time are a children’s church for 4 year olds to second grade and Wee Joy for 6 months to 5 years.
Jubilee Full Gospel Baptist Service — Sunday at 1:30 p.m.
Protestant extras — Protestant Women of the Chapel meets Wednesday from 9:30 to 11:30 a.m. at the Religious Education Building.
All Sunday Services held at the community center due to the chapel renovation.

WELLNESS

Internet job search

Learn to develop an Internet job search strategy to harness the explosion of career resources available. Explore careers of interest, find current field or industry information, conduct company research, network and more. Class is Monday from 1 to 3 p.m. at the family support center. To register, call 828-2458.

Four lenses colors workshop

Learn the mystery of behaviors and recognizing and encouraging the potential in others. Learn to use this tool to bridge the gaps in communication within a career, family or in personal relationships. Class is Thursday from 8 to 11 a.m. at the family support center. To register, call 828-2458.

Introductory computer skills

Learn the basics of Microsoft Office through hands-on instruction. This class covers basic computer skills, including software, hardware and computer terminology. No previous computer experience necessary. Class is May 5 from 10 a.m. to noon at the family support center. To register, call 828-2458.

Introduction to Word

Learn the basics of Microsoft Word through hands-on instruction. This class covers basic skills, including creating, editing and printing documents and inserting graphics and tables. No previous Word experience necessary. Class is May 5 from 1 to 3 p.m. at the family support center. To register, call 828-2458.

English as a second language

Learn English through the four lan-

guage skills of reading, speaking, listening and writing in a friendly, informal setting. Classes are held Tuesdays from 1:30 to 3:30 p.m. at the family support center. To register, call 828-2458.

EDUCATION NEWS

Summer term

The summer term runs from May 29 to July 23. Registration starts Monday. Stop by the local colleges for a current schedule.

Embry-Riddle Aeronautical University

Embry-Riddle Aeronautical University offers the following CCAF eligible courses:
ECON 210 Microeconomics - CCAF Social Science
MGMT 201 Principles of Management - CCAF Management
MATH 140 College Algebra - CCAF Math
HIST 110 World History - CCAF Social Science

Park University

Park University offers the following CCAF eligible courses:
EN105 Writing Strategies and Concepts - CCAF English
CA103 Public Speaking - CCAF Speech
MA120 Basic Concepts of Statistics - CCAF Math
HI202 European History - CCAF Social Science
MA105 Introduction to College Math - CCAF Math
MG352 Principles of Management - CCAF Management

Boise State University

Boise State University offers a wide variety of classes utilizing different delivery methods and is open to military and civilian personnel. Classes are offered in class, the Internet and the knowledge network which uses one-way video and two-way audio. Registration is now open for summer and fall 06. Summer classes begin July 10. For more information, call the BSU office at 828-6746, stop by or visit www.boisestate.edu.

The University of Oklahoma

Enrollment for the master of public administration summer term continues. The master of public administration program is open to military and civilians. Visit the University of Oklahoma’s Web site at www.goou.ou.edu for a complete list of programs and classes.

HOUSING NEWS

Occupant responsibilities in MFH

The housing office encourages occupants to perform small preventive main-

tenance and routine tasks while residing in family housing.
The interior items include but not limited to replacing furnace filters, changing appliance and light bulbs, cleaning the faucet aerator, tightening and replacing outlet, cable and switch covers, cleaning dryer vents and keeping sinks and tub drains free of small toys, hair and shampoo caps.
The exterior items include but not limited to keeping the xeroscaped areas or flower beds free of weeds, keeping weed barriers covered with bark or rock, and trimming shrubs and bushes at least 6 inches away from the building and keeping them between 3 and 5 feet in height, except under windows where they should be under the window height.
Occupants are also responsible to report maintenance problems in a timely manner: such as screens coming off, loose fence boards or missing and leaky faucets to Satellite Services Inc. at 832-4643.


Recreational vehicles

Mountain Home Air Force Base’s location makes it perfect for Gunfighters and their families to enjoy outdoor camping, recreational sports and hunting. Recreational Vehicles are a way of life in Idaho and common sight in the military community. RVs include boats, travel trailers, motor homes, ATVs, snowmobiles and utility trailers.
RVs parked in housing can hinder emergency response vehicles, block driveways, prevent use of fire hydrants and unsightly to neighbors. Therefore, RV owners should know the following restrictions pertaining to parking, storing or maintaining RVs in the housing area:
• RVs permanently stored in a housing area must fit completely under carports, or the garage door must be completely closed. RVs can’t be parked in the driveway or on the street.
• RVs can be stored at the base RV lot. Rental of a RV storage space can be arranged by calling recreation supply at 828-2237.
• Temporary parking of RVs is permitted in housing areas for 24 hours or less for the purpose of loading and unloading.
• An RV may be parked at an occupant’s premises or in a parking area with the permission of the housing office for up to five days for minor maintenance and upkeep, or for visits by relatives in their own RVs.
• RVs are allowed at an occupant’s premises beginning at noon Friday and ending at noon Monday. If Monday is a holiday, the period is extended to noon Tuesday.
• Pickups with campers used for daily transportation can only be parked in driveways, carports, garages or in parking lots.


Base police will ticket RV parking violators. If the ticketed RV is not moved within three days, it will be towed at the owner’s expense.

THE BIG SCREEN


Today – Aquamarine – PG –7 p.m. – starring Emma Roberts and Sara Paxton. Following a violent storm, a beautiful and sassy mermaid named Aquamarine washes ashore and into the lives of two teenage girls. After Aquamarine falls for a local, hunky lifeguard, she enlists the girls’ help to win his heart. 1 hour, 49 minutes.



Saturday and Sunday – Failure To Launch – PG-13 – 7p.m. – starring Sarah Jessica Parker and Matthew McConaughey. A thirtysomething man who still lives with his parents falls in love with the woman of his dreams and begins to suspect she has been hired by his parents as a way to get him out of the house. 1 hour, 37 minutes.



Monday – V For Vendetta – R – 7 p.m. – starring Natalie Portman and Hugo Weaving. Set against the futuristic landscape of totalitarian Britain, the story of a mid-mannered young woman name Evey is rescued from a life-and-death situation by a masked vigilante known only as “V.” Incomparably charismatic and ferociously skilled in the art of combat and deception, V urges his fellow citizens to rise up against tyranny and oppression. 2 hours, 12 minutes.



Tuesday, Wednesday, Thursday – Theater closed.